



"F" in our ingredients alphabet = Fennel

The Fennel sauce base with intended as a sauce for the Pork joint but it was a bit too pungent for our liking. But it made a good Curry base.

Ingredients:-

Cumin seeds, dry fried
2 cloves of Garlic, minced
A thumb of Ginger, minced
Chilli Flakes
Onion Salt
Garlic Salt
Bizar Seasoning ([Ingredients here](#))
1 large Onion, sliced
2 tins of chopped Tomatoes
Tomato Puree
1 large Potato, cubed and par boiled
Cubed cooked Pork
1 bulb of Fennel chopped
Salt & Pepper

Method:-

- (1) Add the bulb of Fennel and a tin of Tomatoes to a casserole dish with Salt & Pepper and roast the Pork over it.
- (2) When cooled blend the Tomato and Fennel sauce in a food processor and set aside.

- (3) Fry the Onion in Oil until translucent and add the Garlic, Ginger, fried Cumin seeds.
- (4) Add the remaining tin of chopped Tomatoes and Tomato Puree and simmer for 20 minutes.
- (5) Add the Chilli Flakes, Black Pepper, Garlic and Onion Salt and Bizar seasoning.
- (6) Add the Tomato and Fennel sauce, cubed Potatoes and Pork.
- (7) Stir well and simmer for a further 15 minutes.

We had some home made special fried Rice in the freezer. A bit of an odd combination. But there's nothing new there!